

## LENTIL WALNUTS SWEET POTATO FEAST

### INGREDIENTS

- 1/2 cup walnuts finely chopped
- 1 Tbsp olive oil
- 1 large tomato
- 2 cups of cooked lentils
- 2 tsp dried oregano
- 1 tsp cumin powder
- 1 tsp chilli powder
- salt & pepper to taste
- 2 large sweet potatoes
- lettuce, cherry tomatoes, black olives, fresh cilantro, spring onions

### PREPARATION

1. Prepare all the ingredients and preheat the oven to 200°C. Place the sweet potatoes on a baking paper tray and poke them from each side with a fork, to let the steam out and bake for about 40 min or until soft inside (try it with a fork).
2. Heat a large pan and add chopped walnuts, toast them until they're lightly browned and then remove and set aside.
3. Add olive oil in the same pan, then peeled and chopped tomato, oregano and all the spices and combine well while stirring. Add lentils and heat all through, remove from the heat and let it sit while you prepare the salad.
4. Combine all the salad ingredients in a big bowl - lettuce, tomatoes, olives and whatever you find in your fridge and needs to be eaten.
5. When the sweet potatoes are done, cut them in halves, top with lentils and salad and sprinkle with cilantro sauce.